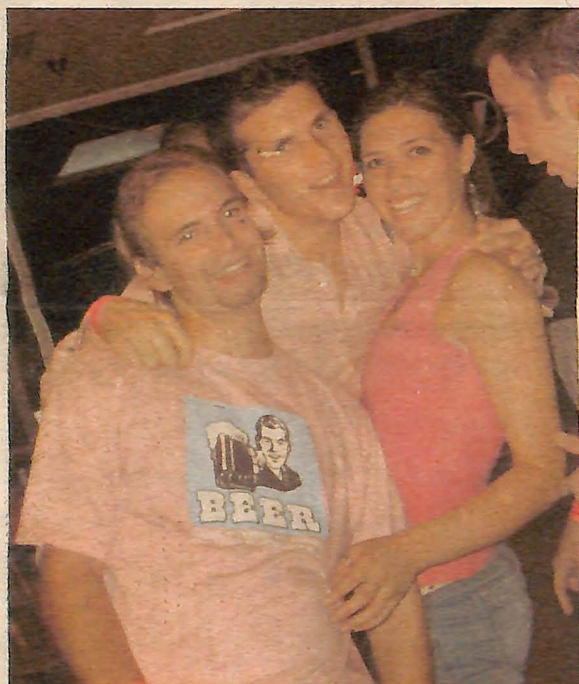


# THE SENTINEL

## Mount Students Think Pink and Run for a Cure for Breast Cancer

Photos By KENNEY FITZPATRICK



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## From the Editor

By ASHLEY DAWE  
Editor in Chief

Dear Readers,

Hello again! I can hardly believe it's already November. Time flies when you're having fun, eh? I am so grateful to all of you who have decided to join the Sentinel team by sending us your submissions to publish. You are what makes this publication happen. Without you I wouldn't have a job!

You will find some pretty exciting stuff in this issue. Check out the ad right beside this column for our Sentinel Challenge, a gigantic fundraiser for Breast Cancer Research that will be happening Tuesday December 5 at Dooly's in Bedford. The cost is only 20 dollars per person so gather up your friends or register as an individual to compete in this action packed evening of challenges and charity. Did I mention there is free transportation from MSVU?

Also, I'd just like to let you know of a benefit to writing for the newspaper that you might not already know. The Sentinel is a member of the Canadian University Press, a cooperative of student run newspapers across the country. When you write for The Sentinel you have the option of requesting to have your piece uploaded to the CUP wire where other university papers can print it in their publications and you still get the credit. This is a great way to build a portfolio of work that is published all over the country which can be very helpful in the job hunt after university. Anyone interested in journalism, communications, PR, or publishing should definitely take advantage of this great opportunity.

That's about all for this issue. We're doing our best to make The Sentinel everything you want it to be, but if you think we're missing anything please don't hesitate to drop us a line and let us know.

All the Best,  
Ash

SEND YOUR  
SUBMISSIONS TO THE  
ATTENTION OF ASHLEY  
DAWE, EDITOR IN CHIEF OF  
THE SENTINEL

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FOUNTAIN PLAY CENTRE

## the Sentinel Challenge

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of fun events raising money for  
**BREAST CANCER RESEARCH**

**Tuesday December 5, 2006  
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**Sign up individually or in teams of 12.**

**Open to MSVU students, faculty,  
staff and spouses.**

**\$20 per person with all proceeds going to  
Breast Cancer Research.**

**Transportation will be provided  
to and from the event from MSVU.**

**Registration forms available in the next issue  
of The Sentinel, at the newspaper office  
or at the information desk of  
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**email: newspaper@mountstudents.ca  
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for more information.**

**Gather your team of 12  
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## New MSVU Online Paper

By JEFFREY MICHAEL  
Student at MSVU

Starting on October 21, Mount St. Vincent University will be graced with a new online publication, "Focused."

Focused, [www.geocities.com/focusedmsvu](http://www.geocities.com/focusedmsvu), contains an editorial, a sex column, various opinion columns, fiction and non fiction submitted by students, pub highlights, lots of pictures, and lots of stories about life at MSVU.

"It's a publication created to showcase student talent, the opinions of interesting students, and all that MSVU has to offer," says founder and editor of the paper, Jeff deViller. "It's all about students and what we're

capable of when we're motivated and stay focused."

Focused is created by the Photographers & Writers Society (PWS), a new society that offers Photographers & Writers at MSVU the opportunity to publish their pictures and stories while learning from one another through workshops and discussions. With contributions from members of the English Society, Focused will be released around the 15th of every month online.

This month's issue of Focused was released late due to some technical difficulty. It contains a few opinion

articles, a work of fiction, photos from Frosh and the Riot Cup, and more.

"We're looking for a lot more contributions in the next issue of Focused," says Jeff, "Fiction, Non-fiction, short funny anecdotes, opinion columns, photography, and anything else you want to submit will be accepted. Also any society interested in advertising upcoming events is more than welcome free of charge."



# Sons of Butcher: A Grade-A Cut

By ASHLEY DAWE  
Editor in Chief

If you're a connoisseur for cartoons you probably already know of the Sons of Butcher. This real-life and animated, meat admiring band have a half hour show on Teletoon that will leave you in stitches. The band just kicked off their nation-wide Tourin' the Canada tour, and their first stop was Stage Nine in Halifax. I got a chance to catch up with the show's producer and tour manager Max Smith, as well as one of the three stars of "Sons of Butcher", Ricky Butcher.

Of course I had to ask them how they got their start in Canadian show business. Coincidentally, they had all worked in television before - as manual labourers. Max described their move to in front of the camera as based on the fact that "writing stuff is better than hauling cable." The boys drove to Ottawa from their hometown Hamilton and pitched the idea to Teletoon. "They took a leap of faith" said Max of

Teletoon's reception. It seems to have worked out well. The show has just wrapped up its second season, and the corresponding album, "Meatlandis," that the tour is promoting is due for release the first week of November, though those who attended the show on October 23 had the chance to pick it up early.

Ricky Butcher says the best part about being animated is "the crazy action sequences" and the ability to do things unimaginable in reality. Max Smith added that people are more accepting of outrageous subject matter when it's animated. Case in point can be seen in the episode where one of the boys decides to sell endangered species.

Fans who went to the event got a sensational meat inspired stage show that featured hanging racks of meat, and also when home with meat scented air freshners and free pepperette. When I asked Ricky what else fans could

expect from the show he said: "Bring your appetite, and wear a diaper so when you s\*\*t yourself over how good the music is you won't stink." What's left to say after that?

*Special thanks to Max Smith and Ricky Butcher for making time for this interview.*



cartoons by Liam MacDonald





# Entertainment

## Halifax Rockers Celebrate Nova Scotia Good Times

By SARAH MACLELLAN  
Student at MSVU

Venues across the country, from coast to coast, celebrated the 211<sup>th</sup> birthday of Alexander Keith, 'The Father of Great Beer', on October 5<sup>th</sup>, 2006.

The Joel Plaskett Emergency, Matt Mays and El Torpedo, and opening act In Flight Safety helped kick off the Nova Scotia good times on October 5<sup>th</sup> at the Alderney Landing in Dartmouth. The concert was limited to those of legal drinking age.

Concertgoers sported green birthday antlers, and also showed their support by honoring the Alexander Keith's pledge and purchasing his finest and most popular beers in Nova Scotia today.

Ominous rain clouds hung over head the Alderney Landing, but held up as opening act In Flight Safety took the stage and drew in a highly supportive crowd to start off the celebration. Their latest album, "The Coast is Clear", was released in January and the current single "Surround" has been rotating on radio, as well as Much Music.

Local rockers Matt Mays and El Torpedo energized fans when they hit the stage with their hard-hitting rock songs and extended solos. Although the crowd fed off the band's raw energy, the prolonged songs and set list may have decreased the excitement of the show. On October 17<sup>th</sup>, Matt Mays and El Torpedo released their self-titled album in the US and have upcoming tour dates scheduled in Philadelphia, New York, Boston, and Burlington. On top of it all, lead man Matt Mays is set to release his first solo debut album "When The Angels Make Contact" on November 7<sup>th</sup>.

A Halifax favorite Joel Plaskett Emergency then took the stage to entertain the crowd with his melodic pop rock songs. Fans were enthusiastic and familiar with crowd-pleasing songs such as "Love This Town" – a song devoted to the Halifax area, "True Patriot Love" and the current sing-along smash "Nowhere With You". Joel's friendly story-telling manner created an intimate setting for fans, while keeping the energy level high by performing upbeat tunes and ending his



set with the crowd favorite "Extraordinary". Currently, The Joel Plaskett Emergency continues to tour throughout Nova Scotia and Canada.

All three Halifax rock bands enhanced the Nova Scotia "good times" experience that was expressed while celebrating Alexander Keith's 211<sup>th</sup> Birthday. The legacy of Alexander

Keith will live on here in Nova Scotia, where it began in 1820. There is no doubt that fans and Keith supporters left the celebration with a "just-been-rocked glow" and a stronger sense of Nova Scotia pride.

Rock and roll can be described a lot like Alexander Keith's beer: those who like it, like it a lot.

## Fountain Fun Puzzle

From the FOUNTAIN PLAY CENTRE

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EENUIEBAYDODCBI  
NQTORNIKAONYIER  
TSBSIDGELRSASRA  
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SREETNULOVHPOMO  
NFOUNTAINUFRCRR  
RETHGUALTEMASES

ART	BABY
CHALKBOARD	CHILDREN
DANCING	DIAPER
FOUNTAIN	FUN
LEARNING	LETTERS
NUMBERS	PARENTS
READING	ROSARIA
SESAME	SINGING
UNION	VOLUNTEERS

BOTTLE	CENTRE
COMPUTER	CRAYONS
DORA	EDUCATION
GLUE	LAUGHTER
MARKERS	NAP
PLAY	PLAYDOUGH
SANDBOX	SCISSORS
STUDENT	TOYS

## The Random Review - Slushy

By JEFF DEVILLER  
Student at MSVU

The random review this issue is of the best drink in the world... better then alcohol, better then hot chocolate on a cold day, better then pop or water or milk... the slushy. I am a bit of a slushy connoisseur and so I know what I'm talking about when I tell you where you can find the best and worse of this delicious frosty treat.

#1: The Ultimate slushy you can buy in Halifax are found at the gas station near the Village on Bayer's Rd. They are 1.3 L of Root Beer, Sprite, or Coca-Cola Slushy for just under \$2. They taste delicious and are a real bargain. Drink 'em too fast and you might have a little gas pain like I did the first time I drank one while the bus was coming, but it's worth it.

#2: The second best slushy can be bought from the Gas Station in Clayton

Park. Flavors include Red & Blue, the slushy is fairly large and they only cost \$2-\$3. Not bad and it's within walking distance of the school.

#3: In third place is the Pretzel maker in the Halifax Shopping Center. They cost \$1.75, are average sized, and taste great. They're not a Root Beer Slushy from the gas station, but they will satisfy any slushy craving.

#4: In last place are the slushy purchased at Dairy Queen in the Mic Mac Mall. It's a pain to get there, the slushy's consistency is hard pebbles of ice, and though they taste fine, they cost more then all the others. Yuck!

There will be many random reviews including university toilets, TV dinners, and a variety of other things so keep reading. Also read the column online in Focused, MSVU's new online paper, at [www.geocities.com/focusedmsvu](http://www.geocities.com/focusedmsvu)



## love fest pub

By MTISUNGE MATENDA  
Vinnie's Pub Manager

Wednesday October 18 will go down in the history books of Vinnie's Chapter as one special night. And what a night it was! Love Fest was all that it was hyped up to be and more. From the music, to the dancing, the great prize giveaways, and let's not forget the condoms and lube, Love Fest was a hit. Ask anyone who was there!

DJ Kraft as the special guest DJ, who just recently placed second in the DJ Olympics over the weekend, was spinning his turntables and doing a few tricks that sent the crowd into frenzy. With his trusted MC by his side they turned the dance floor into a dance competition where they gave out some prizes for some sexy dance moves.

The pub was a sea of red and white with some specialty décor.

Somehow word got around that red and white were the color to wear and if you looked on the dance floor that was all you could see.

While everyone was having fun the true message of Love Fest was not lost and students understood the true meaning of Love Fest to be about safe sex and the prevention of HIV/AIDS. Condoms were distributed to students at the event and information booths had been setup to keep students informed about the pressing issue of safe sex.

Thanks goes out to all the sponsors of such a great event, notably MTV Canada, CANFAR, and LifeStyles Condoms.

## November @ Vinnie's Pub

By MTISUNGE MATENDA  
Vinnie's Pub Manager

Once again Vinnie's Pub has a great month lined up for you with some great events. Get your calendars out and mark down these dates.

Wednesday: November 1, 8<sup>th</sup> and 15<sup>th</sup>.

### Campus Idol

- This year Vinnie's Pub does it again and hosts your favorite show: Campus Idol.
- We get the talent from within our own ranks. It's an all student show that showcases some of our very own Mount talent. So if you have the lung capacity, love to sing, love to be in the spotlight, then sign up for Mount Idol or be a spectator and support your friends as they sing to be crowned MSVU Campus Idol!


Thursday: November 2

### Wear White/Toga Night

- If you're a fan of Animal House or a great supporter of noteworthy charity events then this night is for you. Can you say Toga?
- According to the World University Service of Canada (WUSC) website, WUSC is a network of individuals and postsecondary institutions who believe that all peoples are entitled to the knowledge and skills necessary to contribute to a more equitable world. Their mission is "to foster human development and global understanding through education and training."
- You can visit [http://www.msvu.ca/student\\_affairs/InternationalStudents/WUSC.asp](http://www.msvu.ca/student_affairs/InternationalStudents/WUSC.asp) for more information as to how MSVU is involved with WUSC.

Thursday: November 9

### Merimac

-  Miss Merry Mac Mac, all dressed in black black black, Had silver buttons buttons buttons, all down her back back back Ummm. . . NO! The Merimac that I'm talking about is a five-piece group based in Halifax, NS playing Classic Rock, Celtic, Pop, Reggae, Country, R&B, Funk, Latin, Folk & instrumental music. The band's well-known

seasoned members, from a variety of influences, are sure to please Maritime crowds. Energetic and diverse music styles make way for an attention grabbing, foot stompin' time that keeps its listeners with "fresh" ears. For more info visit [www.merimac.ca](http://www.merimac.ca)

This is the band of Halifax that has a large following and is guaranteed to make you get off your keisters and dance the night away!

Doors at 9pm

Friday, November 17

### Karaoke Night with Allison Saunders

- This is the last Karaoke of the year and that means the Karaoke Machine has to be given to someone! Performers will be entered into a draw for a Karaoke Machine so if you think you got what it takes to beat the rest – then come sing you heart out.

Thursday: November 24<sup>th</sup>

### Multicultural Night

- You start with an appetizer. Then you move on to the main meal, which is always something with an international flavor to it. Then you move on to coffee and some ice cream, and some dessert. The lights dim and the spotlights are turned on, focusing on the host and hostess of the night. You sit through an amazing multicultural show with acts from all around the world. Then at the end of it all, you are relocated to Vinnie's Pub where the after party comes to life and internationalism is celebrated. Come join us on this night to celebrate International Night and International month at MSVU.

Thursday: November 30<sup>th</sup>

### Molson X-mas Party

- If you have been good all year – handed in homework on time, been to all your classes, and haven't had one sick day then Santa Clause and Molson has something for you. Come celebrate X-mas with us at the pub and see everyone one last time before exams!



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# *If You Were Appointed President of MSVU for One Week What Would You do for Students?*

By KENNEY FITZPATRICK  
General Manager, MSVU SU



Cancel mid-terms,  
make it a mandatory  
4 day school week  
and no night classes!  
– Allison, 3<sup>rd</sup> year PR



Create a safe walk/  
drive program for  
students who live off-  
campus and provide  
funding for the  
University for the food  
resource centre.  
– Anneke, 3<sup>rd</sup> year  
Arts

Provide free meals  
for students.  
– Lisa, 2<sup>nd</sup> year  
Graduate Studies



I would mix and  
mingle more with the  
student body to get  
to know them and  
understand their  
issues and what they  
are saying.  
– Mildred, 4<sup>th</sup> year  
Family Studies &  
Gerontology



I'd go to the Minister of  
Education Meeting and  
insist that the full \$14.4  
million dollars the province  
is receiving each year for  
the next 2 years be  
redirected towards tuition  
fee reduction and a system  
of needs based grants!  
– Krissy, 4<sup>th</sup> year Political  
Studies



A 24 Hour, full  
week dry party  
in Vinnie's with  
contests and  
prizes  
– Heather, 1<sup>st</sup>  
year Arts (Left)

Provide students with a mini-  
bus or van that travels around  
campus all day to all the main  
buildings so you can get to  
where you need to be  
without any mobility issues.  
– Jane, 3<sup>rd</sup> year Arts



Throw a big  
event like the  
W a c k y  
O l y m p i c s  
during Frosh  
Week, except  
for all students  
so more  
students can  
meet each  
other.  
– Samantha, 1<sup>st</sup>  
year Child &  
Youth Studies  
(Right)



# MSVU's New Mascot Grants Exclusive Interview to The Sentinel.

## Read What Monty Had to Say About the MSVU Experience

By HELLE HAVEN PETERSON  
Executive VP, MSVU SU

**Helle:**

So Monty, it's great to finally get to meet you, I have seen you around campus quite a bit, but I'm really excited to get the opportunity to talk to you one on one.

**Monty:** Well Helle it is my pleasure. I am flattered that you would like to interview me, although, I am kind of a big deal. Ha-ha...there's my sense of humor kicking in!

**Helle:**

Monty, why don't you start by telling a little bit about yourself?

**Monty:** Well my name is Monty, I am a mountain Lion and I am gender neutral. I enjoy long walks DOWN the hill, hanging out at Vinnie's, eating goodies in the Cornerstore and getting hot clothes from the diversity centre.

**Helle:**

So, you arrived here in September, where do you stay on campus, and how do you like it here?

**Monty:** Well usually you can find me at any athletics game; I am a big mystics fan! I also like to hit up many of the events held at the Mount. I absolutely love MSVU, great people and its lots of fun! DAL who?

**Helle:**

I know you have been seen around campus quite a lot, have you had the chance to meet many interesting people?

**Monty:** Well actually yes. I have met many great people. I have met many great professors, students, and staff at MSVU. I attended a social with the Canadian Studies society and International Students, I helped walk students across the busy Bedford Highway during the awareness campaign held by the Students' Union, I have been to the soccer games and I cannot wait to see our basketball teams and volleyball team in action!

**Helle:**

Is there someone in particular you would like to meet in the future?

**Monty:** Well I hope to meet the Prime Minister and Madonna, but besides that I would love to meet everyone who goes to this wonderful university!

**Helle:**

Is it true that there is a competition about who can get the first picture of you and Dr. Sawler? If so what's your comment on that?

**Monty:** You know, I can't really comment on that, but I will say this...whoever gets this picture please forward it on to me! I heard that Allison Haley would pay big bucks for any picture of Dr. Sawler, so yes please forward it on to me. He's such a handsome fella isn't he?

**Helle:**

When is your next major appearance? And do you have a tight schedule?

**Monty:** I do have a fairly tight schedule. I like to be everywhere at once. I do not want to miss a thing, and there is always so much happening on campus. My next big appearance is coming up...just keep your eyes open for me! I am hoping to get on the cover of the Sentinel...I heard maybe you could pull a few strings? No? Too soon? Ok continue...

**Helle:**

You have been seen around a lot of different departments, is it fair to say that "you get around"?

**Monty:** Well not to boast Helle but yes, yes it is!

**Helle:**

Finally, being new around campus can be a real challenge- a challenge that you and many others have had to encounter over the past 5 weeks. What is your best advice to new students, and what would be the most valuable lesson that you have learned?


**Monty:** Well, I think that the most valuable lesson is if someone offers you a lift up the hill take it, and secondly look both ways before crossing the street and then look again, and then run really fast. Make sure you have fun and make the best of your experience here. Study hard and make every moment count! Oh and remember I'm bringing sexy back, and I encourage everyone else to join in.

**Helle:**

Thank you very much for your time Monty; it was a pleasure meeting you, would you mind if I have my picture taken with you?

**Monty:** Thank you Helle, it's been great talking with you too. I would love to get a picture with you....just let me fix my fur first.






# Multicultural Night 2006

"Many People... One Love..."

Friday, November 24, 2006  
7:00 P.M.  
\$25 per person  
Rosaria Student Ctr., Multi-purpose Room

Dances, Dinner, Fashion Show, Rappers,  
Henna Designing, Musicals, Door Prizes,  
After Party & More..  
**BE THERE!!!**

For further information, contact:  
Mr. Randy Headley (457-6763)  
Randy.Headley@msvu.ca





# Opinions

## Red Friday: Support Our Troops

By NIKI TOOMEY  
Student at MSVU

Most of us can describe the latest episode of *Desperate Housewives*, *CSI* or *The Office* with surprising accuracy. We can give blow by blow commentary on hockey, soccer and football games; yet, when asked about the latest developments in Afghanistan, many of us draw a blank.

Have we forgotten about our troops, or have we simply been swept away along with the declining media coverage?

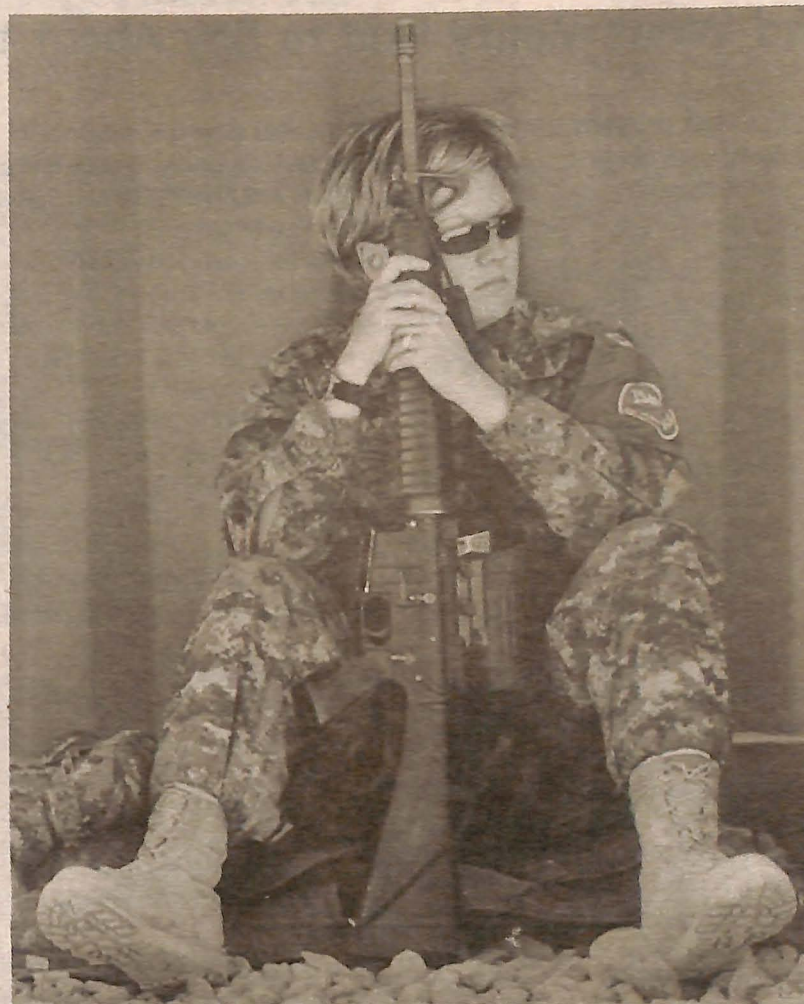
Red Friday, a grassroots campaign recently launched at Canadian Forces Base Petawawa, is helping combat this obliviousness and has been gaining tremendous momentum. The goal of Red Friday is to see Canadians showing their pride in and support for soldiers by wearing red, an official Canadian color and the historical colour of remembrance, every Friday.

The campaign is not about supporting the war. It is not about

making money and it is not about supporting Stephen Harper or the Conservatives. It is about supporting the men and women of the Canadian Armed Forces who have chosen a career to support their families and who are taking part in a mission that our democratically elected government has sent them on.

The purpose of the campaign is to create a rally of Canadian patriotism for our soldiers deployed abroad. Of the campaign, CPL Tanya Long of CFB Petawawa said "when you're in Afghanistan, you're in a different world. You could never explain it to anyone. To know that so many people at home are thinking of you, and are rallying behind us is amazing. It makes our time here more bearable."

To become involved or for more information on Red Friday please visit: <http://www.marriedtothecanadianforces.com/>



CPL Tanya Long. Photo by CPL Michelle Osmond of CFB Petawawa, Originally Published in the Ottawa Citizen

## Reppin' for my Homies

By JEREMY "DRAIN0" NEILSON  
Student at MSVU

Ok ladies, I'm not going to sandbag anything here; I'm not a happy camper with you. Now seeing as this school is a fountain of gossip and a hot spot for mutual friends to gather and discuss the weekend's latest happenings, I overheard a group of girls talking about their troubles in love the other day. I was just minding my own business when one turned to me and asked why there are no good guys at the Mount! Now, being an obvious member of the male gender from the Mount, I took some offence.

As you all know, I work in the two most social venues the Mount has to offer; the gym and the bar. I have lived in campus two years prior to this and have thrown parties (past and present) that would leave you speechless. The majority of my friends

at this school are female, and so being a person who offers a lot of social opportunities to others, this question has been proposed to me before. But I have no sympathy, because well it's time you girls opened your eyes! In high school you are surrounded with the same guys for years and you get to know them after a few parties, dances and movie outings where you decide whether or not to hold their hand. You might date them, and hey you might not, but at least you are more or less making an educated decision on the dating quarrel. Now you're in university and after a month, no guy here has blown your mind to the extent that you crumble at the knees upon glance, so there are no good ones?! Please, give me a freakin' break! But what about the girls who have been

here for years and share the same opinion? Well maybe you should try something different. Instead of gangsters, try and date a preppy guy, or a skater, or hey maybe even a guy who really likes computers and such. You can change the color of your hair to your preference, so why not the type of guy?

Also I am going to provide you with a basic and simple rule; when you are at the pub or even downtown, most guys with popped collars are probably looking for one thing. Also guys who call you shorty or mamacita, who may also have popped collars, are probably looking for the same thing. You also might not want to base any hook up from a drinking setting as a formal base for a relationship. You might ask about the ones who cheat on you and what

not. Well see the above statement about popped collars, and try to remember if his collar was vertically inclined while you hung out last. And also, the last time I checked girls cheated, lied, and backstabbed as well, so don't act like the saint here.

So girls, before you go off and make such outlandish conclusions, you might want to actually consider something other than your current dating attempts. But from all of us under-par according to female standards guys at the Mount, you all have a good year, and good luck with your dating this year, and if I ever decide to pop my collar, I'll come find you.



## Please Return Parking Pass

By CYNTHIA MARTIN  
Student at MSVU

Parking Pass G1178 where are you?  
We know the first week in September can be a blur and anyone can mistakenly pick up, for example, a parking pass which they did not pay for or may have been given to them to use. But when G1178 is found dangling in the looter's car, security will call police and the car's owner will be charged with Possession of Stolen Property. Surely not a charge anyone at MSVU wants on their record, a friend's record, or their conscience. Returning it is also

the right, moral and ethical action to take, not just because the owner is a single mother returning to university part-time instead of full-time because she works two jobs. It could make its way back to the grateful faith-restored student in a brown envelope to Assisi Hall's Information/Parking/Security Desk right inside the entrance through the crack in the window or by internal mail, no questions asked.

## What Has the Cornerstore Been Up To?

By ALLISON, ADELE, KAYLEA, JEFF, MARK, JAY, KRISTIN and ANGELAH  
The Cornerstore Team

With a new year underway the Corner Store has made some substantial improvements. We have recently purchased a new microwave and toaster for all your heating needs! Continuation from last year, we are still supporters of the Fair Trade Just-Us coffee product with our very own "Mount Blend" and additional teas, hot chocolates and chai teas.

We also have a "Breakfast Corner" for all the early birds with fresh products such as bagels, bread, a wider variety of breakfast options (omlettes), cereals, fresh fruit and low fat yogurt and granola bars.

Additionally, we have expanded our frozen foods, healthy and easy to prepare choices along with the not so healthy favourites.

We still offer phone cards like Africa Direct, Cici, 20-20, Bravo, Good Call and Call Value to give students economical choices to call locally and internationally. We are stocked up on stamps, envelopes and other stationary perfect for school.

Our grocery and personal care section is aimed at residence students for when the cafeteria closes or they just do not have enough time to get to the store before class. Again this year, we launched a line of sunglasses called, Bali, they are hip, fashionable and reasonably priced. Also, we brought back the line of Student's Union clothing, which make great gifts! Just like last year, we will be having unbelievable giveaways and contests! Keep watching for our first contest coming up in October!

Keeping up tradition, we will be showing movies in the Crows Nest every Monday Friday from 7-9, so if there's a movie you want to see, let us know!

The newest addition to the Corner Store this year is International Foods, we have introduced Samosas into the lives of MSVU students and they have gone off without a hitch! Be sure to try all three kinds, chicken, beef and vegetable! We get them fresh every week! So we never run out!

We also still have all your all time favourites! But if there is something you want added to the Corner Store, let us know and we will try our best to accommodate your suggestion!



IWK Health Centre

Dalhousie University  
MSc Clinical Vision Science  
with concurrent  
Graduate Diploma in Orthoptics and  
Ophthalmic Medical Technology



This professional two-year graduate program offered by Dalhousie University in partnership with the IWK Health Centre's School of Orthoptics/Ophthalmic Medical Technology provides students with unparalleled research opportunities in the vision sciences along with extensive clinical practice to prepare them for the profession of orthoptics/ophthalmic medical technology.

Orthoptists/ophthalmic medical technologists are allied health professionals who perform a wide range of diagnostic and highly technical procedures and, in consultation with an ophthalmologist, plan, implement and monitor treatment of a wide variety of ocular disorders, including disorders of binocular vision and ocular motility. They are engaged in a wide range of activities including research into ocular motility, education of other eye care professionals, patient education and vision screening.

The program involves 7.5 class credits, two extended practica and a thesis in an area of vision research. Students are permitted to exit the program after two years (prior to completing a Master's thesis) with a Graduate Diploma in Orthoptics and Ophthalmic Medical Technology.

Applications for the MSc (Clinic Vision Science) program beginning in September 2007 are now being accepted. Applicants must hold a four-year bachelor's degree with a minimum B average (GPA 3.0), with at least one undergraduate class in human anatomy and/or physiology, and a class in psychology with a laboratory component. Exceptional students may be accepted without these prerequisites on the condition that they are fulfilled either prior to or concurrent with the program. Work/volunteer experience in the health care field is considered an asset.

Students whose native language is not English must demonstrate the ability to participate in a graduate program conducted in English prior to acceptance into the program. The minimum acceptable score on the TOEFL test is 580 for the written test and 237 for the computer test.

Financial assistance may be available to qualified students.

Deadline for applications is March 1, 2007.

Further information is available from our website [www.dal.ca/cvs](http://www.dal.ca/cvs) or by contacting  
Clinical Vision Science Program  
IWK Health Centre  
5850/5980 University Avenue  
PO Box 9700  
Halifax, NS B3K 6R8  
[orthoptics@iwbk.nshealth.ca](mailto:orthoptics@iwbk.nshealth.ca)  
(902) 470-8959

## More Than Just Information

By ALICIA EARLE and BLAIR THOMPSON  
The SU Info Desk

What do YOU expect from your MSVU Student Union's Information Desks? Did you know we exist? For starters, there are two Info Desks, one on the lobby of the Rosaria Student Centre and one in the foyer of the Seton Academic Centre. Essentially, we provide everything you'd expect from a help desk; we are the forefront of most Students' Union events (including the current fall bi-elections and the text book trading fair).

Some of the services we provide to the Mount community include: International Student Identification Cards (ISICs), outgoing and inbound faxing (from local to international), handbooks, kiosks with tons of coupons and

advertising, Students' Union merchandise, binding, photocopying and printing services, and we even rent you your grad hoods and gowns!

We love to handle your general, and specific, inquiries and answer your emails. We want to make your Mount experience a pleasant one. We hope you'll find our services useful and please feel free to let us know how we can improve our services for you! Be sure to drop by for some free treats, or just to chat!

Rosaria: 457-6123  
Seton: 457-6609  
[info@mountstudents.ca](mailto:info@mountstudents.ca)  
[www.mountstudents.ca/infodesk](http://www.mountstudents.ca/infodesk)





# November Events Calender



			1 Wednesday	2 Thursday	3 Friday	4 Saturday
				WUSC Wear White/ Toga Party @ Vinnie's - 9pm	Newfie/Caper Night @ Vinnie's - 9pm	
5 Sunday	6 Monday	7 Tuesday	8 Wednesday	9 Thursday	10 Friday	11 Saturday
		Chess Tournament @ Vinnie's		Glow in the Dark Pub Night @ Vinnie's - 9pm	University Closed for Remembrance Day  Concert by Anne Rapson and Diana Torbert - Bethany United Church @ 7:30pm \$20/15 Students	Remembrance Day - Lest We Forget
12 Sunday	13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday	18 Saturday
		Clue @ Vinnie's			Karaoke Night @ Vinnie's - 9pm	
19 Sunday	20 Monday	21 Tuesday	22 Wednesday	23 Thursday	24 Friday	25 Saturday
		Simpsons Trivia @ Vinnie's		Margarita-ville Pub Night @ Vinnie's - 9pm		Multicultural Night - \$25 - Party to Follow at Vinnie's - 9pm
26 Sunday	27 Monday	28 Tuesday	29 Wednesday	30 Friday		
				X-mas Party @ Vinnie's - 9pm		

EMAIL YOUR EVENT LISTINGS TO [NEWSPAPER@MOUNTSTUDENTS.CA](mailto:NEWSPAPER@MOUNTSTUDENTS.CA) AND WE'LL PUBLISH THEM!



## Food Resource and Diversity Centre November News Update

By JANE MCCORMACK  
The Food Resource and Diversity Centres

Following a successful Fashion Show hosted to raise money for the Food Resource and Diversity Centre, you may ask what next? No, it is not a multi choice question, so I will give you the answer. November is International month! So in the Food Resource and Diversity Centres there will be a celebration of International month.

One day a week will be set aside for a tasting sessions of International Cuisine cooked by volunteers. This event will be FREE, but you can make a donation if you wish, all proceeds to the Centres. Come and meet the volunteer nutritionists in the Food Resource Centre and gain valuable advice on healthy eating, food security and recipe ideas on a budget. Have a

tour of the Food Resource Centre and see what international fare we have. Watch the notice boards and mountstudents.ca calendar for the day to come and visit the centres to try something new to entertain your taste buds.

We have a plethora of information on multiculturalism, so come and learn something new that you did not know the day before. So help celebrate International month, and if you meet one of our many International Students around campus, stop and have a chat with them, find out about their country and share information about Canada. Celebrate November. Celebrate International month.

Volunteer opportunities are still available at the Food Resource and Diversity Centre. Drop by and fill out an application, and drop it off with your resume.

## International Month Inspires Delicious Recipe

By JANE MCCORMACK  
The Food Resource and Diversity Centres

November is International Month. Many of your fellow students are International and to celebrate them, and this occasion, the Diversity and Food Resource Centres are sharing this recipe with everyone who reads The Sentinel. If you want more recipe ideas, drop by and speak to one of the volunteers. Many of them are nutritionists. Try this recipe and enjoy! **Thai Spiced Broccoli & Red Pepper Soup**

**Ingredients.** Serves 4

1 large red pepper  
1 chilli pepper  
1 large head broccoli  
3-4 cloves garlic  
2 sticks celery  
50g creamed coconut  
1 large carrot  
1 lime

1 leek  
1- 1 1/2 pints water  
1 medium onion  
little vegetable oil  
1 piece lemon grass  
3cm fresh ginger

### Method.

Cut the pepper in half, deseed and remove stalk. Rub with oil and season with salt and pepper. Roast in the oven for 10-15 minutes until soft but not coloured. Chop the onion, leek, celery, carrot and fry lightly in oil. Put garlic, lemon grass, chilli and ginger into a blender, food processor, or chop finely, add juice and zest of lime, and blend to paste. Add to onion mixture and continue to fry gently. Add pint water and turn up the heat. Roughly chop the broccoli and add to pan. Cook for 5 minutes and then add creamed coconut and chopped red pepper. Blend and season to taste. It should be the same consistency as whipping cream. If not add more water and warm through. Enjoy! Serve with garlic toast, or fresh bread rolls.

## Faith and Food: Jewish Culture and Food Diversity

By ANNEKE VINK  
Volunteer at the Food Resource and Diversity Centres

Judaism is a fascinating religion and culture, it is a society that is rich in traditions and has a variety of interesting food customs. There are a number of different laws that Jewish people must strictly follow, and these practices are deeply rooted in religious beliefs dictated by the Old Testament (or as they believe, the only Testament). These laws are composed of specific food handling techniques, food combinations, certain animals that can be eaten, food processing, and activities that can be conducted on the Sabbath (or Holy Day).

Meat is a very hot topic in the Jewish faith. Only certain meat products that are labeled "Kosher" are allowed to be eaten. Only animals that do not have split hooves, chew their cud, and have fins or scales can be eaten. Therefore, no lobster, pig, shark, etc can be eaten by a Jewish person. Not only are Jewish people limited by what types of animals they can eat, but the animal must be slaughtered in a specific fashion. Two people are

involved in the killing process. One is the supervisor and will ensure that the meat was killed according to the Jewish laws and the other person will kill the animal. Only one cut to the throat is made after the animal is blessed. This is done to minimize pain to the animal, and the supervisor must ensure that the cut is made properly. If the animal was determined to be killed in a non-Kosher way, then the animal is sold to a non-Jewish market. After the animal has been deemed Kosher, it is subjected to an internal check to ensure that the animal was healthy. Afterwards all the blood is drained by either salting or barbecuing with slits. No blood is allowed to be consumed by Jewish people so this is a very important process. This process does not apply to fish that have scales or fins because it is considered a pure animal, and therefore no special procedures need to be conducted to make it Kosher. In the grocery store you can look for Kosher products that are labeled COR, (U), K, or MK.

Food combinations are also important in Judaism. Meat and milk products are not allowed to be eaten during the same meal. Therefore, if you are going to have meat for supper you

cannot drink milk or eat a dairy product along with that meal (ex no spaghetti, meatballs, and cheese). These products must be separated by between five to six hours between consumption. Even separate utensils, pots, plates, cups, sinks, pans, tablecloths, and cupboards must be designated for either milk or meat. Therefore, many Jewish households have a lot of dishes. There is also a twenty-four hour gap between cooking meat and dairy products in an oven. Therefore if a cheese pizza is cooked in the oven on Monday, meat cannot be cooked in the same oven until Tuesday. If during a meal one person chooses to eat dairy and another chooses to eat meat, they must have a physical boundary that prevents cross-contamination (this can be something as simple as a book between two people).

The Sabbath is also a weekly holiday that is strongly enforced. This occurs on Saturday and is a day where no cooking or work can be done, and no lights are turned on. This is a day where families can reconnect, pray, and celebrate together through three lavish meals. Because no cooking is allowed on the Sabbath, meals must be

prepared in advance and can be warmed up using a hot plate, covered stove top, or covered fire.

Another interesting food habit is that for eight days during Passover, Jewish people do not eat leavened bread products. This is done in memoriam of when the Jewish people were liberated from Egypt and had to leave so quickly that they did not have time to finish baking their bread. Therefore unleavened bread, called Matsa is eaten in celebration of their liberation from the Pharaoh. This is a wonderful tradition that demonstrates the pride that Jewish people have in their rich history and beliefs.

Judaism is a fascinating religion, although these many different laws can be considered as a challenge it is a common Jewish belief that these practices can easily be combated with innovative and quick thinking. So perhaps next time when you go grocery shopping take a look around you. You may be surprised at how many Kosher foods there are out there. Take a minute to consider different cultures' eating habits, and remember although our practices may be different; we all eat and therefore are essentially the same.



# CAMPUS IDOL

inter-university  
competition

MSVU Competition  
November 1, 8 & 15



## THIS NOVEMBER

INTERNATIONAL MONTH, WUSC, AND VINNIES  
PRESENT TO YOU

### WEAR WHITE/TOGA NITE

THE ART OF MAKING THE TOGA



DOORS 9PM

WET/DRY

DJ ICEBERG

THURSDAY, NOVEMBER 2

